

May 9, 1966

Editor
Minneapolis Tribune
425 Portland Avenue
Minneapolis, Minnesota

Dear Sir:

It was amusing to learn of the recent letter to your newspaper implying that a logical extension of consumer warning labels should include dairy products--because of their tending to elevate blood fat levels with an eventual indirect relation to heart attacks and strokes. Labelling thus of products potentially dangerous to health when consumed to excess could be carried to ridiculous extremes.

On the other hand, it should be more widely appreciated that the concept that whole milk, cream, butter, ice cream and eggs are particularly "healthy" foods which can be consumed indiscriminately developed in times in recent history when actual deficiency in calorie needs, minerals and fat-soluble vitamins was a real menace to individual and community health. Certainly this is no longer the case in the U.S.A. where over-nutrition in general, and in dairy-type fats in particular, apparently contributes to disabling and fatal blood vessel disease in more and more people in their prime.

There is surely no scientific evidence available that the overwhelming majority of Americans needs to drink more milk or to eat more butter and eggs than they now do, politicians' advice notwithstanding.

There is surely no medical evidence that all good Minnesotans ought to drink more milk or eat more butter ~~and eggs~~ than they are now doing. But even the letterhead of our good dairy State Health Department continues this economics-inspired propaganda. See below.

Sincerely,


Henry Blackburn